

'Health is not everything, but without health everything is nothing.' - Arthur Schopenhauer



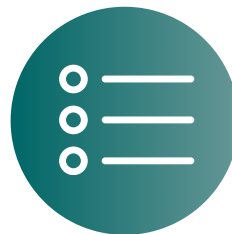
Resilienz Coaching Basic

LIVE-BALANCE IN PERSONAL RESPONSIBILITY



Benefit

- You have understood your own stress system and the triggers
- You become aware of what you want to change on your own responsibility
- You have openly reflected on your current situation
- You have formulated measures to change the situation



Content

- Stress hazard checklist
- Brief location analysis according to the SOURCE model
- My stress topics & triggers
- Reflection
- Possible measures
- First concrete steps



Target Group

- People who want to take personal responsibility for changing their stress situation
- People who feel / believe they are at risk of stress
- People who are on the verge of burnout

From CHF 295.-

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hallo@mindtrain.ch / www.mindtrain.ch



+41 79 832 93 03

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Agenda

1. Preliminary discussion
2. Stress risk checklist (before the session)
3. Introduction to the SOURCE model
4. Analysis of the stress system - stress issues and stress triggers
5. Description of the target state
6. Existing resources
7. Obstacles, blockages
8. Potential & risks
9. Measures to change the situation
10. Conclusion



Methods

- Mindtrain SOURCE-Model[®]
- Systemic stress coaching
- Online-Coaching

Formats

- 2.5 hours 1:1 coaching online CHF 390.- plus VAT
- 2.5 hours 1:1 coaching physically plus VAT and travel expenses / room costs
- 2 hours onsite coaching for companies per participant CHF 295 plus VAT

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